Diarrhea (الإسهال) (پیچس) { Loose watery Stools (Motions) }
References from (1) Holy Quran, (2) Hadith
(3) [Medicine of Prophet (صلى الله عليه وسلم)] Ibn Qayyim Al-Jawziyyah
(4) Tibb-e-Nabwi- Jalal'u-Din Abd'ur-Rahman As-Suyuti
and (5) various Medical Books / Magazines / Journals etc.
Note: If the diarrhea still lasts for more than 2 days consult doctor.

Experts advice (1) Identify which foods and fluids are bothersome to you (2) Eat Less (3) Sit/relax after you eat 10-15 minutes (4) Drink sports drinks (sugar and salt) (5) Both for adults and specially for Children give **BRAT** diet **(B**ananas, **R**ice, **A**pples, and **T**oast**)**

Recommended foods to eat –

(1a) Plenty of fluids -Diarrhea dehydrates your body. To prevent dehydration, you need to drink plenty of **C L E A R** liquids. (**Water, fruit juices, and sports drinks).** Make your own sports drinks by adding a teaspoon of salt to 1 liter of apple juice. A warm or normal room temperature drink is better than a cold drink. Try to increase your fluid intake to at least (**1 to 1 ½** Liter) per hour.

(1b) Lemon Juice / citrous juice cuts diarrhea**(Tibb-e-Nabwi- Elgood 35/161**

(2a) Mild foods (Bananas, boiled potatoes, Salty broth or eat **salted crackers**, dry toast) Stick to mild foods that won't aggravate your stomach, like crackers, bananas, dry toast, clear broth soups, and unseasoned rice. For proteins eat boiled egg, Baked, chicken (skinless) and plain boiled potatoes. Foods that contain potassium and fiber include mashed or boiled potatoes and bananas.

(2b) Old and **grilled cheese** heats the stomach and is beneficial in cases of ulcers and diarrhoea. Fire makes it milder, softer and better tasting and scented. Salted cheese on other hand is less nutritious and is bad for the stomach and the intestines. [Medicine of Prophet **(** صلى الله عليه وسلم)] Ibn Qayyim Al-Jawziyyah Page 375 of 652)

(2c) Eat **Fiberous diet (Barley , brown rice, whole grains are** good sources of insoluble fiber **-** Cook the grains in a light chicken or miso broth to help replace lost salts. Fiber can help absorb water and firm up stools. This can slow down diarrhea. Another good source of fiber is Cooked carrots (whole or mashed). (20/23 المؤمنون)

وَشَجَرَةً تَخْرُجُ مِن طُورِ سَيْنَاءَ تَنبُتُ بِالدُّهْنِ وَصِبْغٍ لِّلْآكِلِينَ

And a tree (olive) that springs forth from Mount Sinai, that grows (produces) oil, and (it is a) relish for the eaters. (Surah Al-Mumenoon 23/20)

2d) **Green olives** strengthen stomach, black olive are bad for stomach. (**(Tibb-e-Nabwi- Elgood page 57/161)**

يَخْرُجُ مِن بُطُونِهَا شَرَابٌ مُّخْتَلِفٌ أَلْوَانُهُ فِيهِ شِفَاءٌ لِّلنَّاسِ (سورة النحل 16 / 69)

"There comes forth from their bellies, a drink of varying colour wherein is healing for men. Verily, in this is indeed a sign for people who think. (Quran Surah Al-Nahl 16/69)

2e) **Honey**- Narrated Abu Said: A man came to the prophet and said, 'My brother has got loose motions. The Prophet said, Let him drink honey." The man again (came) and said, 'I made him drink honey but that made him worse.' The Prophet said, 'Allah has said the Truth, and the abdomen of your brother has told a lie." (Bukhari 71/614, Muslim 026/5492)

3) Oral rehydration solutions(ORS) **Electrolyte**- Mix electrolyte powder in water and drink 3-4 times/day. They are dissolved in water and replace salt, glucose and other important minerals that are lost in dehydration.
3a) Over-the-counter (OTC) medications include loperamide **(Imodium)** and bismuth subsalicylate (**Pepto-Bismol, Kaopectate**). "These are reasonable to use on occasion and have the great advantage of not requiring a doctor's prescription," However, they should not be used for more than two days. If the diarrhea still lasts for more than 2 days consult doctor.
3b) Other treatment is use prescription medicines, such as
(a) diphenoxylate (**Lomotil**) (b) **Octreotide**, a prescription medicine that might be given to people with severe diarrhea

Things to Avoid (الأشياء لتجنب)diarrhea_(Temporarily)

(**Avoid 1)** **Fried high fat foods (pastries, French fries, chips, Burgers, broast), or spicy foods.** These can upset your stomach and worsen diarrhea.

(Avoid 2) Avoid **milk** for at least 3 days because diarrhea can cause temporary lactose-intolerance.

(**Avoid 3)** **Caffeine**-containing beverages such as **coffee** and **tea**

(**Avoid 4)** Dried beans, corn, vegetables, and cabbage family vegetables are all high in fiber

(**Avoid 5)** **Monosodium glutamate** (MSG), a flavor enhancer

(**Avoid 6)** Concentrated sweets dried fruits such as **figs, dates, raisins, nuts and prunes** can have a laxative effect

(**Avoid 7)** Sugar-free gums and mints contain the sugar alcohols sorbitol, mannitol, and/or xylitol

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